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MONDAY, JULY 21, 2014

Hook, Line, and Sinker: Recognizing and Combating Highly Evolving Phishing Techniques

Hook, Line, and Sinker: Recognizing and Comb...



As of January, 2014, there were 33,000 phishing attacks per month, worldwide. Phishing is defined as trying to access information by pretending to be a trustworthy source through an electronic transmission. (Think of it as that wolf dressed up in the red hooded cape standing at the door saying "I am little Red Riding Hood! Please open the door?")

It has been suggested that most of us are only slowly waking up to how terribly vulnerable we are to "spammers," "scammers," "spoofers," "phishers," "smishers," "spearphishers" and "whalers." Yes, those are the REAL names, which vary by the route and/or the target of the cyberattack. The key scary *"fun fact"* is that these attacks are evolving *every single day*. This site (iSecure on YouTube) is a great place to learn all about it.

By the way, Sophos is the security product that I have been using for the past 5 years. Last month, on a flight from Boston to SFO, I sat next to a woman who had a "SOPHOS" logo on her phone and we chatted. She is from the UK and was recently transplanted here, with her family, as a SOPHOS employee. She was surprised that I knew about their company. I was surprised that they historically have spent virtually NO MONEY on marketing in the US. I love their products.

FEATURED POST

Adverse Childhood Experiences: A Public Health Crisis- APSAC Publishes New 2016 Position Paper



Susie Wiet, M.D.

UK's SHARED PARENTING TOOL 2014

 [Help and support for separated families](#)

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SEARCH LAW.COM WITH QUEST

I also happened to run across Norse Corporation, which tracks worldwide cyberattacks. They have a very pretty "LIVE" map of these cyberattacks and I follow them on Twitter. I use Hotspot Shield Elite for my computer, tablet and phone. I started using 1Password after my laptop got lost at a security checkpoint for a terrifying "moment" a few years ago! AND I do REGULAR BACKUPS with SuperDuper (because it is BOOTABLE) after the crash of my hard drive a year before THAT! (I felt very persecuted by the Computer Worst Case Scenarios Universe!) *Yup, that was loads of fun, too.* As the guy at the computer morgue said "Valerie, it's not "IF"... it's "WHEN."

So, these are a few places to get you started and keep you tracking the attackers. By the way, Sophos tools are designed for PC's and Macs and many of the Sophos tools are FREE. Happy Monday!!

Posted by **Unknown** at **Monday, July 21, 2014** No comments:



Labels: Cyberbullying, CyberSecurity, Electronic Health Records, Electronic Medical Records, Encrypted Email, Encryption, HIPAA Compliance, Information Technology, iSecure, Safety in Cyberspace, Sophos

MONDAY, JULY 7, 2014

The Truth About Sexual Assault on College Campuses: The Campus Sexual Violence Act (Campus SaVE Act) Was Passed on March 2013: The Numbers Are Abysmal. Could the Rate Of Discipline Be Relevant to Victims Reporting?

 **The Truth About Sexual Violence on America**

Infographic created by *Workplace Answers*

Posted by **Unknown** at **Monday, July 07, 2014** No comments:



Labels: Anti-Bully, Attitude Adjustment, Audrie Pott's Suicide, Behavior Improvement Props, Campus SaVE Act, Character, Civil Rights, Complex Trauma

SUNDAY, JULY 6, 2014

Maya Angelou Recites Her Poem "And Still I Rise" -Her Voice Warms My Soul..... As My Southern Soul Sisters Would Say.... "Just Like Buttah!"



Legal Web:



Submit

WIBIYA WIDGET

HEALTHWORKS COLLECTIVE



healthworkscollective.com Member

CDC: GET THE LATEST GUIDANCE IN EARLY CHILDHOOD PROGRAMS



ON LINE SAFETY FOR OUR TEENS & CHILDREN



<http://www.onguardonline.gov>

TRACK LEGISLATION HERE

VALERIE HOUGHTON'S WORK SPACE: THE INTERSECTION OF NURSING, LAW AND FAMILY THERAPY

Welcome to Our New "Workspace" Blog Site!

The Website which is linked to this blog is at:

<http://www.valeriehoughton.com>.

Thanks for coming by...

We also have just updated our other website for Mediation, Negotiation and Conflict Management & Resolution, specifically at

www.valeriehoughton.net

PEACE AND COLLABORATIVE LAW NETWORK MEMBER

And Still I Rise



What a beautiful woman with a magical spirit, who overcame such atrocities and eventually emerged, her self and her voice intact. She has been an inspiration to men and women and children, everywhere. Just the sound of her voice spreads warm syrup over my heart... every single time. Sharing this with you on a Sunday morning... hoping it warms your soul and you can share in her tenacious and joyful message... :)) As my Southern sisters would say "Just like buttah!!!"

Posted by [Unknown](#) at [Sunday, July 06, 2014](#) No comments:

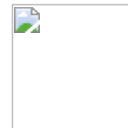


Labels: ["The Self of Peace"](#), [Attitude Adjustment](#), [Beautiful Moments](#), [Being Present](#), [Brave Soldiers and PTSD](#), [Change](#), [Character](#), [Charity](#), [Child Trauma](#), [Hope](#), [Maya Angelou](#)

[Visit Peace and Collaborative Development Network](#)

NEW MORPH: AB 2475 WIPING OUT QUASI JUDICIAL IMMUNITY FOR CA CUSTODY EVALUATORS

NO SOCIOPATHS BADGE



VIOLENCE PREVENTION WIDGET

WOMEN'S HEALTH WIDGET

DETENTIONSLIP.ORG

SUNDAY, JUNE 29, 2014

"A Good Man" Is A Short Wonderful Video About LGBT Youth Aftermath & Healing :)

A Piece of Home: An Ethiopian Refugee Rememb...



This is a beautiful short animated film made by StoryCorps, about the conversation between two brothers who shared an evening of conversation. They and their 6 other siblings had survived a difficult childhood and had all become completely estranged from their parents. The narrator was the oldest brother who had been cast out of the family the night his father had discovered a love letter exchanged between his son and another guy... This son was literally abandoned in the forest... Somehow, he survived.

Years later, the phone rang...

This film gives us a glimpse into the unspeakable horror with which some children and teens are treated when their families discover that they are "gay" or "lesbian" or "bisexual" or "transgendered."

Reach out, be sensitive, be kind and be open. PFLAG is an amazing organization and this is an amazing animated short film. Thank you guys. May the dialogues begin... :))

Posted by [Unknown](#) at [Sunday, June 29, 2014](#) No comments:



Labels: ["I Will Not Be Silent"](#), [Alienated Children](#), [Behavior Improvement Props](#), [Bring Change 2 Mind](#), [Character](#), [Child Abuse](#), [Child Trauma](#), [StoryCorps](#)

SUNDAY, JUNE 1, 2014

Conflict Resolution Expert Elizabeth Bader Speaks On "The Self of Peace"

Elizabeth Bader, "The Self of Peace."



Elizabeth Bader presents "The Self of Peace" at the 2012 Self and Duality Conference (SAND) and describes how the issues of the self and identity are "front and center" in the mediation process. Over the course of her legal career, she observed the worst in people: greed, envy, destruction, entrapment in patterns of perpetuation of what people saw as "necessary" in the service of "the self." This coincided with a crisis in her own personal and

professional life. She reflected on a prayer she had read: "Bless me into usefulness."

Ms. Bader began to study the work of others, including Peter Levine (in his work on the trauma of people) and Stephen Porges (in his work on neuroscience.) She learned that through disappointment, the human sense of "self" and "identity" shift in a definable, predictable manner. Disappointment creates the doorway in order to move past the "ego," (which is the limited sense of the self) in order to ever be able to come to any sense of compromise and resolution. "This cycle is what I eventually called the IDR cycle." (Inflation-Deflation-Resolution)

In the first stage, people are inflated (in parallel with the involuntary neurological response to danger "the optimism bias," which is the psychological correlate of the biological shift.) The second phase is one of deflation. The third phase is realistic resolution and recognition of truth. Impasse is the point at which both sides know that unless they get past this point, there will be no resolution (and what they ultimately seek; which is peace.) "Peace never happens because of another person." It happens when one surrenders to the truth of the situation and says to oneself "yes, the war is over. I finally have resolution." What a beautiful video. The video clip containing "Blessed Are the Peacemakers" by medicine music.com.au is the cherry on top! Thank you, Ms. Bader.

Posted by [Unknown](#) at [Sunday, June 01, 2014](#) No comments:



Labels: ["The Self of Peace", 2012](#), [Conflict Resolution](#), [Elizabeth Bader](#), [IDR Cycle](#), [Mediation](#), [SAND](#)

THURSDAY, MAY 8, 2014

NBA: Great Man In Basketball! Kevin Durant's MVP Acceptance Speech! Happy Mother's Day!

Kevin Durant's MVP Acceptance Speech



After weeks of humiliating headlines about a lot of reprehensible behavior in people in the field of professional sports, Mr. Durant's acceptance speech for his award as Most Valuable Player washes over the viewer like a fresh spring shower!" What a proud mother she must be. What a lovely and

humble son... Wow! Sharing this as a hopeful treat to all mothers and sons everywhere... just in time for Mother's Day.

Posted by **Unknown** at **Thursday, May 08, 2014** **No comments:**



Labels: **Beautiful Moments, Change, Child Development, Children of Divorce, Commitment, Connect with Kids, Emotional Connection, Expect the Best, Kevin Durant, Mother's Day, NBA, Raising Sons**

TUESDAY, MAY 6, 2014

Brain Flight: Happening TODAY! Children's Mental Health Awareness Day National Launch

Brain Flight



HAPPENING TODAY:

National Children's Mental Health Awareness Day National Launch 1:45 p.m. EDT.

Please join us and watch live via ow.ly/wx3nh.

Use Hashtags and Twitter to Join the Conversation. The Instructions Will Be Right There...

(along with the support chat link, too! See you there?)

Kind regards

- Valerie

Posted by **Unknown** at **Tuesday, May 06, 2014** **No comments:**



Labels: **"Through Our Eyes", Brain Development, Child Trauma, Complex Trauma, National Children's Mental Health Awareness Day, NCTSN, SAMHSA**

SATURDAY, FEBRUARY 15, 2014

Why You Should Put a Poster of a Set of Eyes (or a Mirror) in Your Kitchen, In Your Office, in the

Hallway... Thank you, 59 Seconds!

Why you should put a mirror in your kitchen



Posted by **Unknown** at [Saturday, February 15, 2014](#)

No comments: 

Labels: [59 Seconds](#), [Attitude Adjustments](#), [Behavior Improvement Props](#), [Eye Poster Reduces Theft by 67%](#), [Take Our Own Pulse First](#)

SUNDAY, FEBRUARY 2, 2014

Drownings: 10 Per Day: Water Safety for 6-Month Old Infants on Up-Thank you to JoshtheOtter.org



This beautifully produced video delivers the powerful message in which the Collingsworth family shouts out a tribute and a call to action, in the loving memory of their young son, Josh. Kathy and Blake Collingsworth established a foundation in Josh's name. They have also developed a growing campaign which is designed to teach babies as young as 6 months old to "become the otter" and flip over onto their backs if they encounter a body of water. It only takes a few seconds for our children to elude our supervision- and it only takes a few inches of water in which they can drown. All of the latches, alarms, gates and cameras cannot guarantee that a child cannot elude them. They are mighty ninjas and it is our daunting task to outmaneuver them. Are we up for the challenge? Deepest gratitude to Kathy and Blake Collingsworth for all of the lives you will continue to save.

Posted by **Unknown** at [Sunday, February 02, 2014](#)

No comments: 

Labels: [Drowning Prevention](#), [Float4Life](#), [Josh Collingsworth](#), [JoshFoundation](#), [JoshtheOtter.org](#), [Keep Our Children](#), [Ounce of Prevention](#), [Public Safety Announcements](#), [Regret Prevention](#), [Water Safety](#)

SUNDAY, JANUARY 19, 2014

Sam Harris' TED Talk in 2010: Morality Is Relevant in Science; Now More Than Ever

Posted by **Unknown** at [Sunday, January 19, 2014](#) No comments:



Labels: ["I Will Not Be Silent"](#), [Attitude Adjustments](#), [Being Present](#), [Blueprint](#), [Growing Up](#), [Happiness](#), [Healing Trauma](#), [Hope](#), [Inspiration](#), [Morality and Science](#), [Sam Harris](#)

SATURDAY, JANUARY 4, 2014

"Through Our Eyes: Children, Violence and Trauma" Thank you, Office for the Victims of Crimes

Through Our Eyes: Children, Violence, and Trauma—...



Posted by **Unknown** at **Saturday, January 04, 2014**

No comments: 

Labels: "I Will Not Be Silent", "Through Our Eyes", Babies and Toddlers, Brain Development, Brave Hearts, Child Abuse Prevention, Child Custody Decisions, Child Development, Childhood Trauma, Complex Trauma

THURSDAY, JANUARY 2, 2014

Eighth Grader Made This Video for a School Project Featuring Problem of Child Abduction



This video was made by a girl named Ava, for her school project where she selected a global issue. It was featured by a website called Reunite International (www.reunite.org) which assists families with international abductions. This video was published in early December, 2013. There is an upcoming annual Child Abduction Conference 2014, hosted by 1 Kings Bench Walk Chambers, (UK) being held on January 24th, 2014 for lawyers specializing working with these complex cases. The press release states: *"Designed for those in the legal profession, the conference will include lectures and open discussions in the company of acknowledged child abduction law specialists, designed to inform and keep attendees up to date with the law in this complex area. To register your attendance please complete the online form which can be found at www.1kbw.co.uk/conferences."*

Posted by **Unknown** at **Thursday, January 02, 2014**

No comments: 

Labels: **"I Will Not Be Silent", Brave Hearts, Challenge Our Assumptions, Child Abduction Awareness, Child Abuse Prevention, Child Custody Decisions, Childhood Trauma, CoParenting, Gavin deBecker**

TUESDAY, DECEMBER 24, 2013

Great Christmas Ad: Teen Make a Gift for His Family: Misunderstood: Challenge Our Assumptions :)) Happy Holidays to Everyone



Posted by **Unknown** at [Tuesday, December 24, 2013](#)

No comments: 

Labels: [Beautiful Moments](#), [Challenge Our Assumptions](#), [Gratitude](#), [Happy Tears](#), [Holidays](#), [Teens Are Amazing](#)

TUESDAY, DECEMBER 10, 2013

My Little Niece: A Short Digital Story to Commemorate the Final Day of the 16 Days of Activism Against Gender-Based Violence: Thank You, Center for Digital Storytelling and the Asian Women's Shelter

My Little Niece - by Anonymous



Posted by **Unknown** at [Tuesday, December 10, 2013](#)

No comments: 

Labels: ["I Will Not Be Silent"](#), [Attitude Adjustment](#), [Change the Stigma](#), [Character](#), [Child Abuse](#), [Childhood Trauma](#), [Family Violence](#), [Healing Trauma](#), [Prevent Dating Violence](#), [Safety](#)

MONDAY, DECEMBER 9, 2013

Depression: "I Had a Black Dog" The Equal Opportunity Mongrel... 450,000,000 People Affected by Mental Illness, Worldwide and We CAN Do Something to Help and Heal! Reach Out, Be

Authentic and Practice Empathy and Gratitude... That's a Start :)

I had a black dog, his name was depression



Posted by **Unknown** at [Monday, December 09, 2013](#)

No comments: 

Labels: ["I Will Not Be Silent"](#), [Anti-Bully](#), [Anxiety](#), [Attachment](#), [Attitude Adjustment](#), [Being Present](#), [Brave Soldiers](#), [Change the Stigma](#), [Childhood Trauma](#), [Civil Rights](#)

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